

# Vegan Wild Rice and Mushroom Soup



Source: Cook's Illustrated, Better Vegan

Category: Vegan Soups and Stews

Prep Time: 15 min Cook time: 1 hrs 50 min Total Time: 2 hrs 5 min

Serves 6-8

*Oil-Free version available (see notes)*

*Gluten Free / Refined Sugar Free*

*Contains nightshades*

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Recipe Link:

<https://www.betterveganrecipes.com/vegan-wild-rice-mushroom-soup>

## Ingredients:

¼ ounce dried shiitake mushrooms  
4 ¼ cups filtered water  
1 sprig fresh thyme  
1 bay leaf  
1 garlic clove, peeled, plus 4 cloves, minced  
Pink Himalayan salt  
Black pepper  
¼ tsp. baking soda  
1 cup wild rice or Countrywild rice, soaked overnight, drained and rinsed  
4 Tbsp. avocado oil  
1 pound cremini mushrooms, trimmed and sliced 1/4 inch thick  
1 onion, chopped fine  
1 tsp. tomato paste  
⅔ cup dry sherry  
4 cups vegetable broth  
1 Tbsp. organic gluten-free tamari  
¼ cup arrowroot starch  
½ cup unsweetened full-fat coconut milk  
¼ cup minced fresh chives  
¼ tsp. finely grated lemon zest  
Finely chopped fresh parsley, for garnish

## Instructions:

1. Prepare the ingredients.
2. Adjust oven rack to middle position and heat oven to 375 degrees. Grind shiitake mushrooms in spice grinder until finely ground (you should have about 3 tablespoons).
3. Bring 4 cups water, thyme, bay leaf, garlic clove, ¾ teaspoon salt, and baking soda to boil in medium saucepan over high heat. Add rice and return to boil. Cover saucepan, transfer to oven, and bake until rice is tender, 35 to 50 minutes. Strain rice through fine-mesh strainer set in 4-cup

liquid measuring cup; discard thyme, bay leaf, and garlic. Add enough water to reserved cooking liquid to measure 3 cups.

4. Heat oil in Dutch oven or a large pot over medium-high heat. Add cremini mushrooms, onion, minced garlic, tomato paste, 3/4 teaspoon salt, and 1/2 teaspoon pepper. Cook, stirring occasionally, until vegetables are browned and dark fond develops on bottom of pot, 15 minutes. Add sherry, scraping up any browned bits, and cook until reduced and pot is almost dry, about 2 minutes. Add ground shiitake mushrooms, reserved rice cooking liquid, broth, and tamari and bring to boil. Reduce heat to low and simmer, covered, until onion and mushrooms are tender, about 20 minutes.

5. Whisk arrowroot starch and remaining ¼ cup water in small bowl. Stir arrowroot starch slurry into soup, return to simmer, and cook until thickened, about 2 minutes. Remove pot from heat and stir in cooked rice, coconut milk, chives, and lemon zest. Cover and let stand for 20 minutes. Season with salt and pepper to taste, and serve.

### Notes:

White mushrooms can be substituted for the cremini mushrooms.

We use a spice grinder to process the dried shiitake mushrooms, but a blender also works.

To make this soup oil-free, substitute oil for 4-6 Tbsp. vegetable broth or water.

### Equipment needed:

Dutch oven (optional)

Spice grinder

### Serving suggestion:

Serve the dollop of [Vegan Sour Cream](#) and fresh parsley.